

HOME DESENSITIZATION PROGRAM

This procedure should be done for 5 minutes, 2-3 times daily in a quiet room.

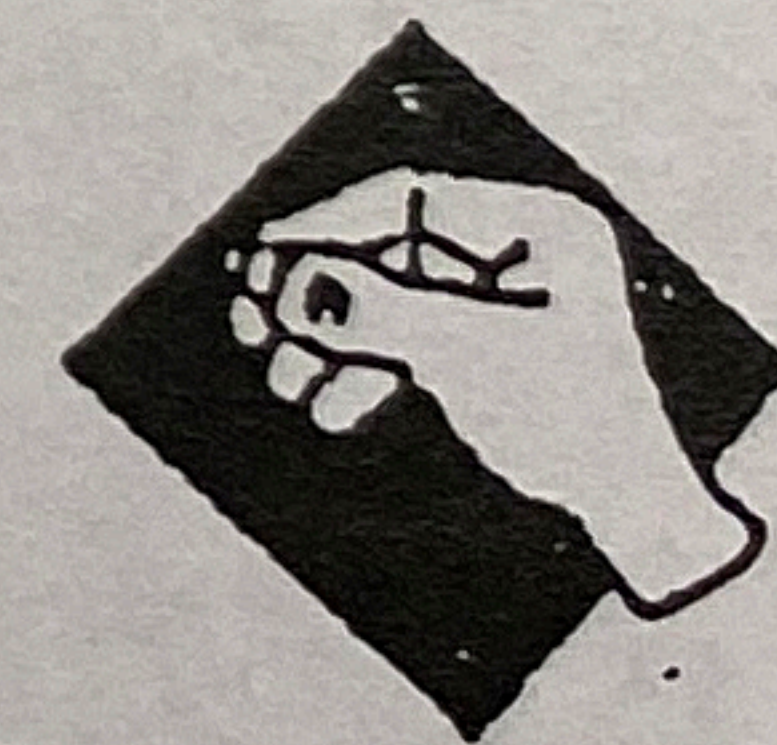
1. Begin by lightly rubbing the sensitive area. Increase the amount of pressure gradually to tolerance. Start with a more tolerable material and gradually increase to "rougher" materials. Suggested materials are as follows:

- SOFT
1. Cotton balls
 2. Felt or velvet material
 3. Dry washcloth
- ROUGH
4. Burlap

2. Place particles, ranging from soft to more "irritating" in three pound coffee cans or plastic containers. Place your hand in the container and move it around. Gradually move to more resistive particles. Suggested materials are as follows:

- SOFT
1. Cotton
 2. Terry cloth pieces
 3. Dry rice
 4. Popcorn
 5. Uncooked pinto beans
 6. Uncooked macaroni

3. Vibration: Use a vibrator at the lowest setting and gradually increase speed to tolerance. Place vibrator head around and over the sensitive region. In addition to assisting with desensitization, vibration also relaxes muscle that may have "tightened" due to pain or muscle tension.



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